

S M T W T F S

Butty Lift Upper Body toning Body Sculpting Thighs Shaping Trimmed Abs Leg toning Rest Up

March 2019

- Bum toning
- Total Toned Bum

3

- NEWEST WORKOUT
- Beautiful Back
- Pretty Arms

4

-Pretty Lean Body
- Cardio, long & slim
- Abs & Thigh loving

5

- Summer shape
- Love you Thighs
- Hips & Inner Thighs

6

- Beautiful Abs
- Ballet Abs
- Ballerina Waist

7

- Total toned Leas
- Slim & Beautiful
- Summerfit Legs 1
- Summer Shape Legs
- Leg Loving

2

- Butt Balletlates
- Barre Butt & back
- Total Toned Bum

10

- NEWEST WORKOUT
- Swan arms
- Love handles Burn

11

- Cardio Pilates
- Summer shape Full Body
- Weight loss Flow

12

- Toned Abs & Thiqhs
- Curtain Burn
- Long Strong Out. Thighs

13

- Pretty Little Waist
- Slim & Beautiful
- Summerfit Core

14

- Legs Sculpting 8
- Total toned Leas
- Toned Calves
- Strong & flexible

9

- Butt Beach body
- Butt Sculpting
- Saddlebags

17

- NEWEST WORKOUT
- Strong Arms
- Summerfit Cardio

18

- Long & slim Body
- Total toned body
- Trimmed & Toned

19

- Floor barre Hips & Thiqhs
- Saddlebags Burn
- Love you Thighs

20

- Inner Thighs & Abs
- Waist love
- All Abs

21

- Total toned Leas
- Cardio Leas
- Lovely Legs

23

- Bum Toning
- Saddlebags

24

- NEWEST WORKOUT
- Beautiful arms &
- Upper body & Arms

25

- Summer shape body
- Beautiful Back
- Weight loss Flow

26

- Cardio, long & slim
- Summer shape
- Love you Thighs

27

- Floor Barre Waist
- Long & Slim Core
- Sleek Oblique

28

- Long & slim Legs
- Toned & be. Legs
- Pretty Long Legs

29

30